



## Salmon Niçoise Pasta Salad

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



585 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.5 teaspoon pepper black divided freshly ground
- 3 tablespoons capers drained
- 0.5 teaspoon dijon mustard
- 1 garlic clove chopped
- 1 cup grape tomatoes halved
- 1.3 cups green beans cut into 2-inch lengths
- 0.3 cup kalamata olives pitted halved
- 0.3 cup olive oil

- 2 teaspoons olive oil
- 0.3 cup parsley fresh italian chopped
- 2.5 cups shell
- 0.3 cup onion red thinly sliced
- 2 tablespoons red wine vinegar
- 1 pound salmon fillet
- 0.5 teaspoon salt divided

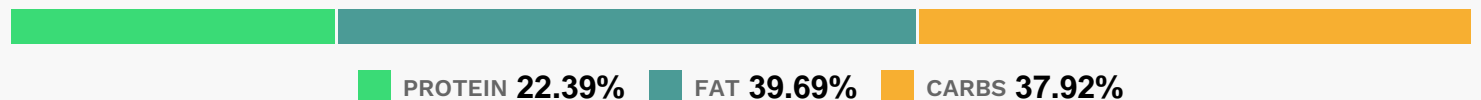
## Equipment

- frying pan

## Directions

- Sprinkle salmon with 1/4 teaspoon salt and 1/4 teaspoon pepper.
- Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat.
- Add salmon; cook 4 minutes on each side.
- Transfer to a plate, cool completely, and break into chunks.
- Meanwhile, cook pasta according to package directions, adding beans during last 4 minutes of cooking time.
- Drain and rinse in cold water.
- Place 1/4 cup oil, vinegar, anchovy paste, garlic, mustard, and remaining 1/4 teaspoon each salt and pepper in a jar. Cover and shake vigorously.
- Combine pasta mixture, salmon, and remaining ingredients. Toss with dressing.

## Nutrition Facts



## Properties

Glycemic Index:59.25, Glycemic Load:1.4, Inflammation Score:-8, Nutrition Score:31.254348070725%

## Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 8.19mg, Kaempferol: 8.19mg, Kaempferol: 8.19mg, Kaempferol: 8.19mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 13.56mg, Quercetin: 13.56mg, Quercetin: 13.56mg, Quercetin: 13.56mg

## **Nutrients (% of daily need)**

Calories: 585.47kcal (29.27%), Fat: 25.68g (39.5%), Saturated Fat: 3.72g (23.24%), Carbohydrates: 55.21g (18.4%), Net Carbohydrates: 50.77g (18.46%), Sugar: 4.41g (4.9%), Cholesterol: 62.37mg (20.79%), Sodium: 700.55mg (30.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.59g (65.19%), Selenium: 83.63µg (119.47%), Vitamin K: 90.73µg (86.41%), Vitamin B12: 3.61µg (60.1%), Vitamin B6: 1.13mg (56.49%), Vitamin B3: 10.64mg (53.2%), Manganese: 0.81mg (40.57%), Phosphorus: 381.77mg (38.18%), Vitamin B2: 0.53mg (31.19%), Copper: 0.57mg (28.56%), Potassium: 915.72mg (26.16%), Vitamin B1: 0.37mg (24.77%), Vitamin B5: 2.32mg (23.22%), Magnesium: 87.67mg (21.92%), Vitamin E: 3.16mg (21.09%), Vitamin A: 963.31IU (19.27%), Vitamin C: 15.56mg (18.86%), Fiber: 4.44g (17.75%), Folate: 66.52µg (16.63%), Iron: 2.79mg (15.52%), Zinc: 1.9mg (12.64%), Calcium: 63.2mg (6.32%)